

ABSTRACT: New Hampshire Options for Person-Centered Planning

New Hampshire is transforming its long term care system of support from a provider driven, medically oriented approach to one that places the individual and their family at the center of the planning and service delivery process. Person-centered planning (PCP) is seen as the core building block to support this significant, cultural shift. NH has been a leader in PCP for persons with developmental disabilities and is proposing to extend the use of PCP to the long term care systems that support people who are aging and/or live with mental illness, physical disabilities, chronic illnesses, and acquired brain disorders. To accomplish this goal, NH proposes to:

- strengthen the statewide infrastructure to support person-centered planning;
- modify the person-centered planning tools currently being used in developmental services for use with other populations;
- modify/develop tools to assess caregiver needs;
- field test the use of these tools with 40 individuals in two regions of the state;
- evaluate the efficacy of the tools and process;
- develop a best practices manual that will serve as a national model;
- provide training in person-centered planning to 200 people statewide; and
- develop a web-based tool that can be used by individuals, families, caregivers, and professionals.

The focus of a person-centered system is on the individual, their assets, and their network of family and community support in developing a flexible and cost effective plan to allow the individual maximum choice and control over the supports needed to live in the community. NH is committed to the provision of services and supports to all persons in need of long term services and supports through a person-centered system that respects and responds to individual needs, goals and values. Although effective tools for person-centered planning are available for those who work with persons with developmental disabilities, little has been done to adapt these tools for use with older adults, particularly those with mental illnesses and adults with physical disabilities. Tools that offer a variety of structures to support strategic thinking, decision-making, problem solving, caregiver needs, and negotiation are necessary. The larger the facilitator's toolbox, the better equipped he or she is to design a customized process that fits each individual's and family's unique strengths, learning needs, and purpose for planning.

NH proposes to use the *Team Performance Model (TPM)* developed by Drexler & Sibbet (1993), as its model for PCP. The TPM offers a valuable structure for supporting the progression of PCP. In relation to person-centered planning, the TPM provides a comprehensive framework that reflects predictable phases of planning and decision-making that individuals, families and support teams progress through as they design and develop individually-tailored supports.

NH proposes to design a process for supporting person-centered planning that is applicable across all ages and disabilities. The Institute on Disability at the University of New Hampshire (IOD) is an Instrumentality of the State and will serve as the lead agency for this project. The IOD will work closely with the Department of Health and Human Services, Office of Community Based Care Services which includes developmental, mental health, and aging and adult services. Other key collaborators include the ServiceLink Resource Centers, Granite State Independent Living, the DD Council, the Elder WRAPS, and Independent Case Management organizations.

The IOD is requesting \$499,412 over three years to support the work of this project.